

## Cancer Related Risk Factors and Preventative Behaviors

Rutland County rates for adult obesity and youth tanning in the past 12 months are worse than Vermont overall. The percentages of males and females ages 13-17 who have received the full HPV vaccine series are lower in Rutland County than Vermont overall. The adult smoking rate in Rutland County is similar to Vermont overall.

|   | Percent |         | Goal Type <sup>G</sup> |
|---|---------|---------|------------------------|
|   | Rutland | Vermont |                        |
| Smoke Cigarettes, Currently (Adults)*                         | 21      | 18      | HV, SCP                |
| Obesity (Ages 20+)* <sup>D</sup>                              | 33      | 25      | HV, SCP                |
| Tanning, Past 12 Months (Youth, Grades 9-12)                  | 15      | 10      | SCP                    |
| Completed 3 dose HPV vaccination series (Females, Ages 13-17) | 35      | 46      | SCP                    |
| Completed 3 dose HPV vaccination series (Males, Ages 13-17)   | 20      | 30      | SCP                    |

Data Sources: Smoking, Obesity: BRFSS; County: 2013-2014, State: 2014. Youth Tanning: YRBS, 2011. HPV vaccination: IMR, 2014.

## Cancer Incidence by Risk Factor: Newly Diagnosed Cases per Year

The incidence rate for tobacco associated cancers is worse in Rutland County than Vermont overall. Other risk factor associated cancer incidence rates in Rutland County are similar to the Vermont rates.

|   | Rate per 100,000 People |         | Goal Type <sup>G</sup> |
|---|-------------------------|---------|------------------------|
|   | Rutland                 | Vermont |                        |
| Tobacco Associated Cancers* <sup>1</sup>      | 236.0                   | 213.5   | SCP                    |
| Obesity Associated Cancers* <sup>2</sup>      | 212.6                   | 204.8   | SCP                    |
| Melanoma (UV Associated Cancer)* <sup>3</sup> | 23.9                    | 29.0    | SCP                    |
| HPV Associated Cancers* <sup>4</sup>          | 12.3                    | 10.4    | SCP                    |

Data Source: VCR, 2008-2012.

Note: Excludes basal cell and squamous cell skin cancers and in situ carcinomas, except urinary bladder.

<sup>1</sup>Tobacco use increases the risk of cancers of the lung and bronchus, mouth, lips, nose and sinuses, larynx (voice box), pharynx (throat), esophagus, stomach, colon and rectum, pancreas, cervix, uterus, ovary, bladder, kidney, and acute myeloid leukemia.

<sup>2</sup>Excess weight increases the risk of cancers of the breast (postmenopausal), colon and rectum, uterus, esophagus, kidney, pancreas, thyroid and gallbladder. Excess weight may increase the risk of cancers of the ovary, cervix, liver, non-Hodgkin lymphoma, myeloma and prostate (advanced stage).

<sup>3</sup>Ultraviolet radiation (UV) exposure increases the risk of melanoma.

<sup>4</sup>Infection with the HPV virus increases the risk of cancers of the cervix, vulva, vagina, penis, anus, mouth and throat.

## Cancer Screening

The Rutland County colorectal cancer screening rate is worse than Vermont overall. Other screening rates are similar to state rates.

|   | Percent |         | Goal Type <sup>G</sup> |
|---|---------|---------|------------------------|
|   | Rutland | Vermont |                        |
| Breast Cancer Screening (Females, Ages 50-74)* <sup>D</sup>               | 75      | 79      | HV, SCP                |
| Cervical Cancer Screening (Females, Ages 21-65)* <sup>D</sup>             | 87      | 86      | HV, SCP                |
| Colorectal Cancer Screening (Males and Females, Ages 50-75)* <sup>D</sup> | 64      | 71      | HV, SCP                |

Data Source: BRFSS; County: 2012 and 2014, State: 2014.

## Cancer Diagnosis: Advanced Stage<sup>D</sup>

Rutland County has similar advanced stage diagnosis rates for cancers of the breast, lung and bronchus, and colon and rectum, compared to Vermont overall.

|   | Rate per 100,000 People |         | Goal Type <sup>G</sup> |
|---|-------------------------|---------|------------------------|
|   | Rutland                 | Vermont |                        |
| Breast* (Females, Ages 50+)               | 112.9                   | 96.5    | SCP                    |
| Colorectal* (Males and Females, Ages 50+) | 72.8                    | 62.4    | SCP                    |
| Lung* (Males and Females, Ages 55+)       | 251.9                   | 210.0   | SCP                    |

Data Source: VCR, 2008-2012.

Note: The number of advanced stage cervical cancers is too small to report by county.

## Cancer Survivors (Prevalence)<sup>D</sup>: Ever Diagnosed with Cancer

There are approximately 3,500 adult cancer survivors living in Rutland County.

Data Source: BRFSS, 2012-2014.

Note: Cancer prevalence excludes those whose only cancer was a skin cancer.

## Cancer Mortality: Deaths Due to Cancer

The cancer death rate in Rutland County is similar to the Vermont rate.

|                        | Rate per 100,000 People |         | Goal Type <sup>G</sup> |
|------------------------|-------------------------|---------|------------------------|
|                        | Rutland                 | Vermont |                        |
| Overall Cancer Deaths* | 181.7                   | 173.4   | HV                     |

Data Source: Vital Statistics, 2008-2012 –preliminary.

## Technical Notes

■ Indicates statistically worse or ■ indicates statistically better than Vermont.  
-- Indicates numbers are too small to report.  
\*Age adjusted to U.S. 2000 population.

### Data Sources:

- BRFSS: Behavioral Risk Factor Surveillance System
- VCR: Vermont Cancer Registry
- YRBS: Youth Risk Behavior Survey
- IMR: Vermont Immunization Registry
- Vital Statistics: Vermont Vital Statistics

### <sup>d</sup>Definitions:

- Advanced Stage: Includes regional and distant (SEER Summary Stage).
- Cancer Survivor (Prevalence): A person is considered a cancer survivor (also referred to as cancer prevalence), if they have ever been diagnosed with non-skin cancer, from the time of diagnosis through the rest of their life.
- Breast Cancer Screening: Women aged 50-74 who have had a mammogram in the past two years.
- Cervical Cancer Screening: Women aged 21-65 who have had a Pap test in the past three years.
- Colorectal Cancer Screening: Men and women aged 50-75 who have had any one of the following:
  - A fecal occult blood test (FOBT) in the past year,
  - A sigmoidoscopy in the past five years AND a FOBT in the past three years, or
  - A colonoscopy in the past ten years.
- Obesity: Having a body mass index equal to or greater than 30 kg/m<sup>2</sup>.

### <sup>e</sup>Goal Type:

- SCP: State Cancer Plan, 2020
- HV: Healthy Vermonters 2020

## References:

Cancer Home Page: <http://healthvermont.gov/cancer>

Healthy Vermonters 2020: <http://healthvermont.gov/hv2020>

State Cancer Plan:

[http://healthvermont.gov/pubs/cancerpubs/state\\_cancer\\_plan.aspx](http://healthvermont.gov/pubs/cancerpubs/state_cancer_plan.aspx)

VTAAC: <http://vtaac.org>

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# Rutland County Cancer Fact Sheet



Many people have either had cancer themselves or know someone who has. In 2014, there were approximately 36,000 adult cancer survivors in Vermont. Among Vermonters, cancer is the leading cause of death. Each year, approximately 3,600 people are diagnosed and more than 1,300 people die from cancer. The Vermont Department of Health is working in collaboration with Vermonters Taking Action Against Cancer (VTAAC) to reduce the impact of cancer on individuals, families, and communities in Vermont.

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